



### TRYPOPHOBIA TEST



Below you will find descriptions of ten images. Imagine each of these images as vividly as possible, and then rate your level of discomfort or anxiety on a scale of 1 to 5, with 1 being "not uncomfortable at all" and 5 being "extremely uncomfortable."

*Please note that this test is informal and not a diagnostic tool.*






Consult a mental health professional if you suspect you have Trypophobia or other anxiety-related concerns.

#### Score Interpretations



- **1- Not uncomfortable at all:** You do not experience any discomfort or anxiety when imagining the image. You feel neutral or indifferent toward the pattern.
- **2- Slightly uncomfortable:** You experience a mild sense of unease or discomfort when imagining the image, but it does not cause significant distress or anxiety.
- **3- Moderately uncomfortable:** You feel a noticeable discomfort or anxiety when imagining the image, but you can still manage your feelings without significant difficulty.
- **4- Very uncomfortable:** Imagining the image causes considerable discomfort or anxiety, and you may feel a strong urge to avoid or get away from the pattern.
- **5- Extremely uncomfortable:** The image triggers an intense feeling of discomfort or anxiety that may be overwhelming, making it difficult to think about or focus on anything else. You might experience physical symptoms like sweating, rapid heartbeat, or nausea.

Description	Image	1	2	3	4	5
A close-up of a honeycomb filled with honey, with varying-sized hexagonal cells.						
A lotus seed pod with numerous seed holes clustered together.						



<p>A close-up image of a porous sponge with irregularly shaped holes and cavities.</p>						
<p>A pomegranate cut in half, revealing a tightly-packed cluster of seeds and seed compartments.</p>						
<p>A close-up view of the pores on the surface of human skin, such as on the face or the palm of a hand.</p>						
<p>A piece of coral with an intricate structure of holes, tunnels, and chambers.</p>						
<p>A close-up photograph of a Swiss cheese slice, with various small and large holes.</p>						



<p>A group of tightly packed mushrooms growing on a tree trunk.</p>						
<p>A cracked, dried mud surface with an irregular pattern of small, interconnected cracks and holes.</p>						
<p>TOTAL SCORE</p>						

Score Guide:

After imagining each image and rating your discomfort level, calculate your total score by adding the ratings for all ten images. If your total score is:

- 10-20: You likely have a mild or no aversion to Trypophobic patterns.
- 21-30: You may have a moderate aversion to Trypophobic patterns.
- 31-40: You likely have a strong aversion to Trypophobic patterns and may want to consult a mental health professional to discuss your concerns.

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